

Creamy Chili-Corn Soup with Chicken and Black Beans

MAKES 2 QUARTS, SERVING 4

- 2 teaspoons vegetable or olive oil
- 4 large garlic cloves, minced
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 2 cans (14.5 ounces each) creamed corn
- 1 can (14.5 ounces) petite diced tomatoes
- 1 can (14.5 ounces) chicken broth
- 1 can (15.5 ounces) black beans, drained
- 1 can (4 ounces) diced green chiles
- 1 cup shredded cooked chicken
- ¼ cup chopped fresh cilantro leaves
- Salt and ground black pepper

In a Dutch oven or soup kettle, heat oil and garlic over medium-high heat until garlic starts to sizzle. Add chili powder and cumin and sauté until fragrant, about 30 seconds. Add corn, tomatoes, broth, beans, chiles, and chicken. Bring to a boil, reduce heat to low, and simmer, partially covered, to blend flavors, about 5 minutes. Stir in cilantro, add salt and pepper to taste, and serve.

377 calories per 2-cup serving